

Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Aims of the programme:

- To understand the range of issues faced by young people today.
- To learn how and when to signpost to external organisations.
- To empower schools to create a mentally healthy and supportive environment.

Overview:

Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse and teach strategies to breakdown the stigma of mental health.

Youth MHFA Champions have:

- A awareness of the issues face by young people.
- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

"An informative course that builds awareness. It equipped me with practical strategies to support the mental health and wellbeing of the young people I work with."



One full day of high quality training.

Dates – Wednesday 12 February 2020

Time: 9.30am - 4.00pm

Cost - £85 (lunch included, please include any dietary requirements when booking)

Venue: St Aloysius (Junior School), Hebburn, NE31 1BQ

Booking Details: Email pburn@st-aloysius.co.uk



MHFA England

Delivered by Bridget
Woodhead

CPD Certificate Included

